

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020  
www.FrederickCountyMD.gov/aging Facebook: UrbanaSeniorCenter-Frederick, MD

## January-March Fitness Classes

### Yoga

Yoga offers tools that anyone can use to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Open to all, regardless of yoga experience. Please bring a yoga mat (or you may use a chair).

**Date:** Wednesdays, starting January 11  
(10 weeks)

**Time:** 12:30-1:30 p.m.

**Cost:** \$30 per participant

**Instructor:** Margaret Cervarich

### Tai Chi: Basic

Improve Balance! Improve Strength of Body!  
Achieve Clarity & Focus of Mind! Gain  
Calmness & Lightness of Spirit!

**Date:** Mondays, starting January 9  
(10 weeks)

**Time:** Noon-12:55 p.m.

**Cost:** \$30 per participant

**Instructor:** Claudia Olson

### Tai Chi: Advanced

Improve Balance! Improve Strength of Body!  
Achieve Clarity & Focus of Mind! Gain  
Calmness & Lightness of Spirit!  
(This advanced class is for those who have  
taken a previous class with Claudia.)

**Date:** Mondays, starting January 9  
(10 weeks)

**Time:** 1:00-2:00 p.m.

**Cost:** \$40 per participant

**Instructor:** Claudia Olson

### Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

**Date:** Thursdays, starting January 12  
(10 weeks)

**Time:** 1:30-2:30 p.m.

**Cost:** \$30 per person

**Instructor:** Mary Anne Williams

### Daily Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, mobility and cardio exercises. Bring a light pair of weights for Tuesday exercise.

**Date:** Mondays: Mobility/Stamina (30 min)  
Tuesdays: Strength/Balance (50 min)  
Wednesdays: Stretching (45 min)  
Thursdays: Mobility/Stamina (30 min)

**Time:** 10:45 a.m.

**Cost:** Free, video exercise, no instructor

### Wii Games

Bowling, golf or tennis! Drop in and play any of these Wii games.

**Days:** Thursdays

**Time/Cost:** 1:00 p.m. Free



(see other side for more programs)